



Quick Guide

to set goals for

your  
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self mastery



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# QUICK GUIDE TO SELF MASTERY

## Practises

### 1 SMART Goals

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Make sure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound. This framework helps you clarify your objectives and track your progress effectively.

### 2 Break Down Goals

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Divide larger goals into smaller, manageable tasks. This makes them less daunting and allows for steady progress.

### 3 Visualize Success

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Envision yourself achieving your goals. Visualization can increase motivation and help you stay focused on your objectives.

### 4 Create a Plan

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Outline the steps you need to take to reach your goals. Having a roadmap can keep you organized and on track.

### 5 Set Priorities

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Determine which goals are most important and focus your time and energy on those first. Prioritizing prevents you from spreading yourself too thin.

### 6 Stay Flexible

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Be willing to adapt your goals and plans as circumstances change. Flexibility allows for adjustment and prevents frustration if things don't go exactly as planned.

### 7 Track Progress

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Keep track of your achievements and setbacks. Monitoring your progress helps you stay accountable and provides valuable feedback for adjusting your approach.

### 8 Seek Feedback

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Don't hesitate to ask for feedback from others. Constructive criticism can provide valuable insights and help you improve.

# QUICK GUIDE TO SELF MASTERY

## Practises

### 9 Celebrate Milestones

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Acknowledge and celebrate your accomplishments along the way. Recognizing your progress boosts morale and motivation.

### 10 Practice Self-Discipline

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Cultivate habits of self-discipline to stay focused and motivated, even when faced with challenges or distractions.

### 11 Continuous Learning

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Invest in your personal growth by acquiring new skills and knowledge relevant to your goals. Continuous learning enhances your abilities and keeps you adaptable.

### 12 Stay Positive

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Maintain a positive mindset, even in the face of setbacks. Optimism fosters resilience and perseverance.

### 13 Accountability Partners

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Share your goals with a trusted friend, family member, or mentor who can hold you accountable and provide support and encouragement.

### 14 Reflect Regularly

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Take time to reflect on your progress and experiences. Reflective practice helps you learn from both successes and failures, guiding future actions.

### 15 Practice Patience

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Understand that achieving significant goals takes time and effort. Patience allows you to stay committed for the long haul and persevere through challenges.

### 16 IMPLEMENT!

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By implementing these strategies, you can effectively set and pursue your goals, leading you on a path towards self-mastery and personal fulfillment.

# GOALS

When setting goals, make sure it follows the smart structure.  
Use the questions below to create your goals.

S	<p><u>SPECIFIC</u></p> <p>What do I want to accomplish?</p>	
M	<p><u>MEASURABLE</u></p> <p>How will I know when it is accomplished?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>How can the goal be accomplished?</p>	
R	<p><u>RELEVANT</u></p> <p>Does this seem worthwhile?</p>	
T	<p><u>TIME BOUND</u></p> <p>When can I accomplish this goal?</p>	

# SERVICES

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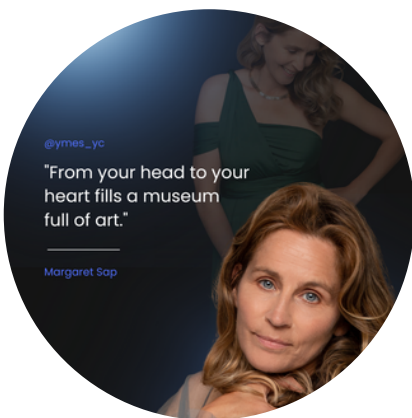
## **1:1 Coaching VIP**

*If you look for an acceleration of your personal growth, you just found it. You will have all my attention to sharpen yourself. Perspectives are my superpower. Your self-awareness is highly awakened and enhanced in no time.*



## **Group Coaching / Teams Coaching**

*By creating a safe space for participants to open up, group and team coaching under my guidance is fun, impactful and has long lasting effects on both individual and teamlevel.*



## **Speaker**

*The world needs inspiring leaders that dare to use creativity and empathy to protect what is to be cherished and to disrupt what requires change. I bring serious lifestyle topics with fun, anecdotes and tangible action steps to a broad audience.*

# THANK YOU!



This is your one and only life and my wish for you is to live your life as free and genuinely joyful as possible. Your choice to invest more time and attention in conscious creative living will add great value to you life experience.

Stay tuned to great opportunities here:



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